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THIS IS TJ MILLER'S SERIOUS FACE

'The Emoji Movie' star has some good advice for kids. 14

How to boat, kayak and surf in NYC. 21

Giants training camp kicks off today. 25

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A new report shows that H20 isn't the only thing you're getting when you turn on the tap. 6

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KIMBERLY M. AQUILINA, WEB REPORTER

Dating is hard. I do it so you don't have to. (You're welcome.) While poking around for offline dating ideas, I found something hot ... firemen! Here's what happened when I tried the "Rescue Me" singles mixer.

Metro.us/things-to-do

TRUMP: TRANSGENDERS BANNED IN US MILITARY

1 President Donald Trump said on Wednesday he would not permit transgender people to serve in the U.S. military, citing "tremendous medical costs and disruption," an action condemned by critics as "raw prejudice" and a political stunt. It was not the first time Trump had targeted transgender people since taking office in January. The Republican president in February rescinded protections for transgender students put in place by his predecessor, Democrat Barack Obama, that had let them use bathrooms corresponding with their gender identity. "After consultation with my generals and military experts, please be advised that the United States government will not accept or allow transgender individuals to serve in any capacity in the U.S. Military," Trump wrote in a series of Twitter posts." ***For more, see page 4***

SENATE AIMS FOR 'SKINNY' OBAMACARE REPEAL

2 Republican U.S. Senate leaders, struggling to keep a seven-year-old promise to end Obamacare, turned their focus on Wednesday to passing a slimmed-down "skinny" repeal measure that would throw the issue into negotiations with the House of Representatives. The last-ditch effort came as senators voted 45-55 against a straight repeal of Obamacare, which provided for a two-year delay in implementation to give Congress time to work out a replacement. Seven Republicans opposed the measure. It was the Senate's second failure in 24 hours to repeal the 2010 law popularly known as Obamacare, which expanded health insurance to about 20 million people, many of them low-income. On Tuesday, senators rejected the repeal-and-replace plan Republicans had been working on since May.

5 THINGS YOU NEED TO KNOW

PONY SWIM

3 Assateague wild ponies cross the Assateague Channel during the annual Chincoteague Island Pony Swim in Chincoteague Island, Virginia, on Wednesday.

TILLERSON SAYS HE IS 'NOT GOING ANYWHERE'

4 Secretary of State Rex Tillerson said that he was "not going anywhere," denying news reports that he was considering leaving his post. "I'm not going anywhere," Tillerson told reporters at the State Department. Asked how long he would stay on, Tillerson turned and smiled, saying, "As long as the president lets me." Asked about his relationship with President Donald Trump, Tillerson said simply, "Good."

The speculation over Tillerson's remaining in Trump's cabinet came after days of Trump publicly attacking Attorney General Jeff Sessions. Trump said Sessions had "taken a VERY weak position" on investigating his former opponent in the 2016 presidential election, Democratic nominee Hillary Clinton, over her use of a private email server.

STRICTER ELECTRONIC CARRY-ON SCREENING

5 The U.S. Transportation Security Administration said it will impose new stricter security rules requiring airline travelers to remove all electronic items larger than mobile phones like tablets, e-readers and video game consoles from carry-on baggage for screening. Prior rules required only laptops to be removed for separate screening. The new rules significantly expand the number of electronic devices that will need to be removed for screening and help government employees get a clearer view during X-ray screening. TSA said the new rules have been in place in a pilot project at 10 U.S. airports including Detroit, Los Angeles, Boston and Phoenix, and will expand to all U.S. airports in the months ahead. The new enhanced security rules at U.S. airports only apply at standard security lanes.

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Transgender ban could face legal challenge

Experts say singling out transgender people would violate their rights to equal protection as guaranteed by the Constitution.

A protester displays a placard during a demonstration against US President Donald Trump in front of the US Army career center in Times Square, New York, on Wednesday. GETTY IMAGES

President Donald Trump's announcement on Wednesday on banning transgender people from serving in the U.S. military unleashed a storm of legal threats from advocates who say they are seeking plaintiffs who want to file suit.

Trump's surprise tweets did not make clear when a ban reversing former President Barack Obama's policy would go into effect, nor whether it applies to serving members of the military or those wishing to join.

But if the U.S. Defense Department actively roots out transgender people and discharges them from the military, the Pentagon is likely to face an especially contentious fight, legal experts say.

"There's no valid justification for excluding transgender people from the military," said Jon Davidson, legal director for LGBT rights group Lambda Legal. "They are currently serving without a problem. There hasn't been an extraordinary cost. There hasn't been disruption."

Joshua Block at the American Civil Liberties Union said his inbox was flooded with emails about Trump's ban, including from service members.

"I think the most important thing for people to understand is that for the immediate future, nothing can happen to them ... Trump's tweet is not self-executing," said Block, a senior staff attorney on lesbian, gay, bisexual and transgender [LGBT] issues.

Under Obama, the Defense Department declared in June 20016 that transgender people could serve openly in the armed forces. The Pentagon was considering a second step of allowing openly transgender people to enlist when Trump on Wednesday issued three tweets saying transgender people would not be allowed to serve any capacity in the military, citing disruptions and medical costs.

The Pentagon referred all questions to the White House, where press secretary Sarah Huckabee Sanders said Trump made the decision in consultation with his national security team and that the Defense Department would work with the White House and take the lead on a lawful implementation.

Sarah Warbelow, the Human Rights Campaign's legal director, said Trump's declaration amounted to "discrimination on the basis of sex and identity," and was therefore open to legal challenge.

"The courts do provide quite a bit of deference to the military in determining its own policies," she said. "However, that doesn't mean the military is above the law." REUTERS

TWEETS

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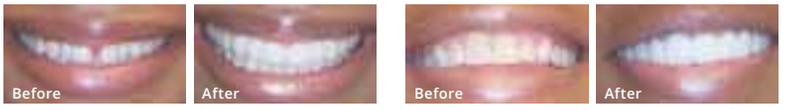

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Cancer-causing chemicals overflowing in NY tap water supply

Tracking the potentially harmful contaminants in your tap water is as easy as typing your zip code.

MEAGAN MORRIS
@MetroNewYork
letters@metro.us

The safety of drinking water is connected to income, according to the EWG.
GETTY IMAGES

Nothing tastes as good as a cold glass of water on a hot day, but a new report shows that high-quality H2O isn't the only thing you're getting when you turn on the tap.

The report, released Wednesday by the Environmental Working Group, showed that there are hundreds of harmful contaminants in the New York water supply, including contaminants that can cause cancer and serious health problems in children and pregnant women.

"There are chemicals that have been linked to cancer, for example, that are found above health-based limits, or health guidelines, in the water of more than 250 million Americans," Nneka Leiba, director of Healthy Living Science at the EWG, told Patch.

EWG — a non-partisan, non-profit organization with a mission "dedicated to protecting human health and the environment" — tracked 140 contaminants in water supplies of New York cities with a population above 10,000.

The results of the organization's testing — now searchable by state and zip code in the EWG's interactive Tap Water Database — showed that water contained several contaminants that clocked it above acceptable levels. Most of the contaminants are shown to have direct links to cancer and fetal and child development disorders, including:

- Chromium (hexavalent)
- Chloroform
- Bromodichloromethane
- Dichloroacetic acid
- Trichloroacetic acid
- Dibromochloromethane
- Radium-228
- Radium-226
- 1,2,3-Trichloropropane

Other known cancer-causing chemicals found in New York water — including haloacetic acids, arsenic, barium and radium — were measured at levels above health guidelines. Bethlehem Water District 1 has the highest level of contaminant violations of the state's biggest utilities. The EWG found 25 violations of health-based drinking water standards with contaminants like cancer-causing chloroform at 39.7 parts per billion (ppb), while the accepted health guideline is 1 ppb.

New York water isn't the only supply affected, though.

"There are more than 250 contaminants across our nation's drinking water," said Leiba. Most of those are at legal levels set by state regulations or the Safe Drinking Water Act, but are still at levels high enough to cause health problems. The Environment Protection Agency (EPA) hasn't added a new contaminant to its list in over 20 years, meaning that "about 160 of those [found contaminants] are unregulated," said Leiba.

"And that's a big concern, because if a chemical is unregulated, that means it can be present in our water at any level — and be legal."

The safety of United States drinking water is connected to income, according to the EWG. Merrick, New York, with a median household income more than double the national average, has one of the cleanest supplies in the country.

"We don't want to scare the population by saying there are 250 chemicals and just leaving it there," Leiba told Patch. "As a consumer you may look at it and get a little overwhelmed."

The best — and most immediate — way to increase your safety is to use a carbon, deionization or distillation filter on water that comes from your tap. The EWG offers a guide to finding effective water filters, including filters that block out specific chemicals.

However, no water filter is 100 percent effective against every contaminants. The key, according to EWG, is to fix water supplies from the top down.

"Safe water isn't a privilege, it's a right," the EWG wrote in its report. "Ensuring a safe water supply is a fundamental responsibility of government, and we must demand that our public officials at every level step up and fix this broken system."

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Planned Service Changes

1

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No trains between 137 St and 242 St.

A C trains and free shuttle buses provide alternate service.

1 service operates between South Ferry and 137 St.

Free shuttle buses operate in four sections:

1. On **Broadway** between **137 St** and **168 St**.
2. On **St Nicholas Av** between **168 St** and **191 St**.
3. Between **207 St** A and **242 St***.
4. Between **Dyckman St** 1 and A stations.

*Shuttle buses operate on **Bailey Av** days and evenings (7 AM to 9 PM), and over the **Broadway Bridge** at night time (9 PM to 7AM).

Travel Alternatives:

- Transfer between 1 and A C trains at **59 St-Columbus Circle**.
- Transfer between trains and shuttle buses at **137 St** 1 station, **168 St** A, **Dyckman St** A, and **207 St** A stations.

Stay Informed
Call 511 and say "Current Service Status," look for informational posters in stations, or visit **mta.info** – where you can access the latest Planned Service Changes information, use TripPlanner+, and sign up for free email and text alerts.

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The NYC Ferry has quickly become very popular with locals. PROVIDED

NYC Ferry transports one million passengers in 90 days

City ferry's popularity exceeds expectations.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

The NYC Ferry's successful first three months of operations have seen more than one million passengers ride the new mode of transit, Mayor Bill de Blasio announced Wednesday.

"NYC Ferry opens doors for people and it's being located in many of the locations that have been problems in this city for decades, areas that just didn't have enough transportation; that were deprived of the mass transit they needed," de Blasio said at a press conference announcing the millionth NYC Ferry rider since May 1. "Ridership has immediately and far exceeded what we projected, and that is a very, very good thing."

The NYC Ferry system launched with 20 city-owned ferries cruising down the East River into a separate car and tailing the victim and his friends until they stopped one block away at Hollers Avenue and Eastchester Place. Upon being questioned over who was to blame for the gesture, the victim admitted it was him. Police said in the ensuing altercation, he was fatally stabbed.

After the bloodshed, the man's friends allegedly tried to find a hospital but gave up and parked to call 911. Emergency services rushed the injured man to Jacobi Medical Center, but he could not be saved, the New York Daily News reported.

Police retrieved a knife at the scene. No arrests have been made. AMY RUSSO

BRONX DEATH

Man stabbed to death for flipping off car crash victims

A man was stabbed to death last night in a brutal act of retaliation after he flipped off passengers of a crashed car, police said.

The victim, identified only as a 25-year-old man, was driving with friends just before 7 p.m. through the Bronx when they passed the scene of an accident on Hollers and Huguenot avenues. It was at that moment that the man is said to have extended a middle finger to the wrecked vehicle, a decision which reportedly led to his homicide.

According to authorities, the group involved in the crash reacted immediately, dashing

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Killed for a trinket: A ton of illegal ivory to be crushed in Central Park

"People need to understand the impact of what they're doing when they buy a piece of ivory."

NIKKI M. MASCALI
@MetroNewYork
nikki.mascali@metro.us

Statistics show that approximately 96 elephants are killed each day due to ivory poaching, bringing these majestic animals ever closer to complete extinction.

To raise awareness for this global crisis and continue fighting the illegal ivory trade, more than one ton of confiscated tusks, trinkets and jewelry worth more than $6 million will be publicly destroyed in Central Park on Thursday, Aug. 3, nine days before the annual World Elephant Day.

"People need to understand the impact of what they're doing when they buy a piece of ivory," said John Calvelli, executive vice president of public affairs for the Wildlife Conservation Society and director of 96 Elephants. "It's very sad — these pieces of ivory represent hundreds of elephants that were killed."

A contest was held for the public to help destroy the ivory, which will be placed on a conveyer belt and fed into a rock crusher. The fragments will then be held by the city's Department of Environmental Conservation, and Calvelli said the WCS and DEC are in talks on how to use them for education.

The ivory was seized in New York, which was the largest U.S. market for the illegal ivory trade until legislation banned it in 2014.

Calvelli said data shows criminal organizations within Africa that have global reach use ivory as bush currency to buy weapons and other things.

"It's very sad — these pieces of ivory represent hundreds of elephants that were killed."

John Calvelli

"We work on the front lines in many countries where these last remaining elephants are, and these laws we're working on, like the one here, make it much more difficult for these criminal syndicates to sell the ivory," he said.

It is not illegal to own ivory, and it can still be legally sold in New York with documentation that the item is an antique. Small amounts found in musical instruments is also acceptable.

The main takeaway for Thursday's event, Cavelli said, is "that ivory should remain on elephants. Should these majestic animals be killed for a trinket?"

To attend the Aug. 3 ivory crush in Central Park, visit WCS.org/96-elephants.

More than one ton of illegal ivory will be crushed in Central Park on Aug. 3. NYDEC

Email proves homeless removal order for mayor's subway ride: Report

De Blasio and City Hall vehemently deny the allegation that they ordered subways be cleared of homeless people.

NIKKI M. MASCALI
@MetroNewYork
nikki.mascali@metro.us

Before Mayor Bill de Blasio held a press conference on an F train in Brooklyn Sunday, the New York Post claimed that transit police were ordered to "sweep the station for homeless persons."

City Hall called the story a lie, but now an alleged police email published by the New York Post has surfaced that appears to confirm orders were given to remove homeless residents from subway platforms, as previously anonymous sources told the paper.

The alleged internal NYPD email was sent at 10:53 p.m. on Saturday by an officer at the department's Transit Bureau and indicated the order was approved by Operations Sgt. James Lynch.

The email said that two officers were to be posted at the 4th Avenue/9th Street station, where de Blasio would board a northbound F train, and two others at Jay Street/MetroTech.

"Before the Mayor arrives at the 4th Avenue station, the officers are to sweep the station for homeless persons as well as the Jay Street station. There will be press at the 4th Avenue station," the alleged email said.

Since the email order came to light on Sunday, City Hall has vehemently denied its existence, with de Blasio's Press Secretary Eric Phillips telling the Post that its "sources are refusing to provide their names because what they are saying is not true."

The mayor denied knowing about the email on NY1 Monday night.

On Tuesday night, Phillips questioned the validity of the alleged email, but alluded it may have been shared between several officers who may have been making suggestions for the mayor's subway press conference.

"There's zero evidence the action ever took place because it didn't take place, as we have said all along," Phillips said.

The mayor's office and NYPD did not respond to a Metro request for comment regarding the alleged email.

The mayor's press conference unveiled a five-point wishlist of sorts for the MTA's plans for the subway. Two days later, the agency revealed its action plan, which vowed that the city's beleaguered straphangers would see vast improvements within one year.

An NYPD email reportedly ordered a homeless sweep before the mayor's subway press conference on Sunday. MAYORAL PHOTO OFFICE/ED REED

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Many Americans think Sean Spicer heads Russia probe

Lordy.

MICHAEL MARTIN
@MetroPhilly
letters@metro.us

Many Americans mistakenly believe Sean Spicer is overseeing the investigation into Trump's alleged ties to Russia. GETTY IMAGES

If 2016 was the election of the low-information voter, a new survey suggests that demographic is hitting new depths, even after their preferred candidate took the White House. A new poll shows that 10 percent of Americans believe that recently resigned White House press secretary Sean Spicer is heading the investigation into Russian meddling in the 2016 election.

Only 47 percent of respondents to a survey by Pew Research Center correctly identified former FBI Director Robert Mueller as head of the Russia investigation. Additionally, 53 percent answered the question incorrectly (31 percent) or didn't know the answer (22 percent).

The poll, which was in the form of a multiple-choice quiz and which surveyed 1,002 adults, found that Americans' ignorance about their elected officials doesn't stop there. Many respondents couldn't correctly identify other political figures from every branch of government.

Only 44 percent knew that the secretary of state is Rex Tillerson. Although 62 percent knew the speaker of the House is Paul Ryan, and 45 percent correctly named Neil Gorsuch as a Supreme Court justice.

The poll results even come after several weeks in which Robert Mueller's name has been front and center in the news, as speculation mounts that President Trump is trying to force the resignation of Attorney General Jeff Sessions as an initial step in firing Mueller.

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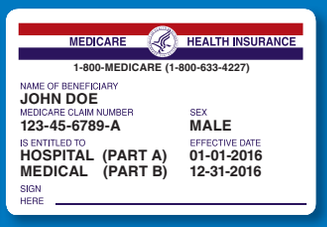

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Y0114_16_27626_U_046 CMS ACCEPTED 06/25/2016

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TJ Miller finds his sincere side

The former "Silicon Valley" star tells us why "The Emoji Movie" is this generation's "Brave Little Toaster."

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wknd

TJ Miller stars as the Meh emoji with too many feelings in "The Emoji Movie." SONY PICTURES

TJ Miller may have left the HBO show "Silicon Valley," but he hasn't gone far from the world of technology.

His film "The Emoji Movie," opening Friday, turns the emojis inside our phones — everything from sushi to smiley faces — into real characters living in a world of their own. But (spoiler alert, if you can say that about a kids' movie) it's because Miller's character is different that he helps save the day.

"What we remind people is to just be yourself and know that you have limitless potential," says the actor. "I would love to hammer that f—ing message home right now for the entire summer."

Miller plays Gene, who's supposed to be the Meh emoji but is constantly overflowing with emotions. This is distressing to his parents, both Meh emojis themselves, and his career prospects — Gene lives in Textopolis, the city inside of a phone owned by a young boy named Alex.

If you don't — or in Gene's case, can't — do what you were designed to do, you're deleted. That idea reminded Miller of the animated film that was a formative part of his childhood.

"'The Brave Little Toaster' was a sad but wonderful tale," he recalls. "What a good message to be like, 'Don't be consumerist and wasteful, but care about the objects that you have and fix things that are broken instead of throwing them away,' and that's what this movie is about.

"Because Gene is a malfunction, they're trying to delete him and everyone he's involved with, so you really come to care about these digital entities in a way that also is reflective of how much we love our phones."

Miller has some illustrious company for Gene's adventure, with his friend, the Hi-5 emoji (James Corden), a delightfully tongue-in-cheek turn by Sir Patrick Stewart as the Poop emoji, and the hacker Jailbreak (Anna Faris). The movie packs in a ton of messages, from realizing that Likes and Favorites don't add up to true friends, self-acceptance and cautioning about online harassment. "We say trolling is the worst of the worst things to do with your time, and that's pretty important 'cause our president is a troll," he says.

But it's Jailbreak and her arc that Miller points to as a surprising instance of progressive feminism for an animated feature. The character literally smashes through a glass ceiling, but beyond that she learns that she doesn't have to reject being feminine to be powerful.

"It's not just girls can do anything, it's that it's as important to be a princess or fairy as a hacker or a leader," he explains.

Much of Miller's joy from doing animated films — he's also had parts in "Big Hero 6" and "How to Train Your Dragon" — comes from the delight they bring to kids who may take the experience with them forever. It's a very different kind of comedy from "Silicon Valley," but one that he's cultivated since starting his career as a stand-up comic in Chicago.

GETTY

"You need that full skillset to do comedy in an animated feature because a great animated film that takes you on a roller coaster of emotions," he explains.

"And while children don't deserve to laugh as much as adults because they're not aware of their own mortality, I still think it's important for kids to laugh."

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Why Knee Arthritis Sufferers Of Almost All Ages Are

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Hundreds of arthritis sufferers from tri-state area calling weekly

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the ***NY Pain MD*** in New York City. "*The same holds true for treating arthritis pain. I believe we are having so much success at* ***NY Pain MD*** *because of two factors: One is we are using advanced medical technology and treatments many clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

What is the "correct treatment?"

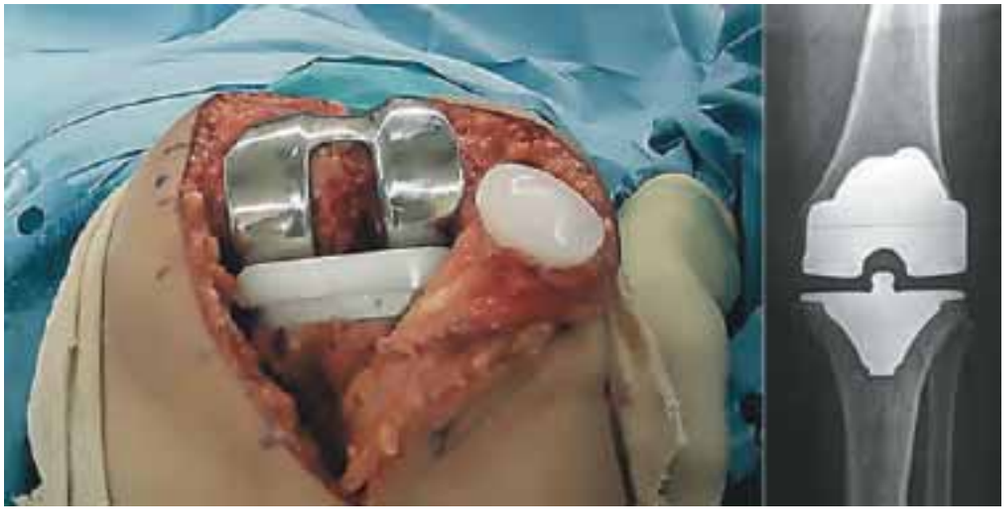
"That depends," said the director. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology.*

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplecosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NY Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targetin*g during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.)can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Normal Pain-Free Knee Joint

Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.

Knee With Painful Arthritis

Pain -

Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs,swelling and a a lot of pain.

Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you

Lubrication Medicine Injected Directly Into Knee Join Like "Joint Oil" using Precision Targeting Technology

Succesful Treatment -

Sucessful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

Choosing Newest Medical Procedures Before Surgery

ch Medicine And All Natural Treatments

d little to no downtime amongst top reasons.

to find out if treatment is right for them...Often covered by insurance.

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the 2 ½ years thousands of knee pain sufferers have flocked to the ***NY Pain MD*** New York City

That's when their specially trained-doctors added cutting-edge arthritis treatments to their already successful comphrensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricat-ing fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciat-ing.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use ***"Precision Arthritis Targeting Technology".*** *This allows us to place he Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without Technology can miss the joint up to 30% of the time."* noted the Director of Center

NY Pain MD is a state of the art medical facility offering the best technology.

Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACLTY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. ***NY Pain MD*** uses this P.A.T. Imaging Technology. with each and every treatment.

And that's not all :

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can HelpYou?

If you have knee pain, the ***NY Pain MD*** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology.*

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All you have to do is call 800-885-KNEE (5633) right now and when the scheduling specialist an-swers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at ***NY Pain MD*** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obliga-tion screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solu-tion to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

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Are You Qualified For Knee Arthritis Screening With *NYC Pain MD?*

- **Do you have pain and osteoarthritis (arthritis) of the knee?**
- **Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?**
- **Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give *NY Pain MD* a call and schedule your no obligation knee pain screening

NYC PAIN MD

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That's Charlize Theron, buried under hair, dispatching two of about 1000 minions in "Atomic Blonde." FOCUS FEATURES

"Atomic Blonde"

Director: David Leitch
Stars: Charlize Theron, James McAvoy
Rating: R

●●●○○

At the time it was a hell of a breakup: The two directors of "John Wick" split ways after making one of the leanest, meanest action movies in recent memory. But at least something worked out in the end. What directors Chad Stahelski and David Leitch did was like a hydra cutting off its own head. From the wound sprouted two lean, mean, oldschool action movies. Stahelski took the "John Wick" sequel, while Leitch lighted out with "Atomic Blonde," in which Charlize Theron gets to go Keanu on a bunch of randos.

But "Atomic Blonde" is more John Le Carre than "John Wick." In other words, you probably won't be able to explain the plot afterward if a gun was pointed at your head. It unleashes Theron's MI6 agent Lorraine Broughton on Berlin right before the Wall comes down in 1989. The English government has sent her there to infiltrate a Russian spy ring that's been picking off fellow agents. Or something.

The ads promise relentless ass-whooping, with our Amazonian bruiser felling untold minions with rope, with high heels, with nightsticks nicked from police, with hot plates.

But Leitch spaces out his heroic smackdowns conservatively. Most of the time it's lost in a dense fog of intrigue, shifting allegiances and Cold War misery porn. When he's not delivering the goods — including an epic long take battle — Leitch is drowning the film in '80s-fetish style. The Dolby Surround blasts New Order and Depeche Mode and George Michael as Theron slinks stonefaced through dark alleys and neon nightclubs and dilapidated GDR buildings, pausing only to ponder over cigarettes or guzzle Stoli.

Frankly, "Atomic Blonde" isn't always worth following. It's like a Cold War thriller hatched by someone who vaguely remembers seeing some movies about it once decades ago, maybe. It's all surface.

But what a surface. As an action director, Leitch is every bit Stahelski's equal. Sometimes his camera stands back and simply lets us drink in every blow; other times it's a fellow dancer, moving with Theron's every high-kick or coldcock. And it's weird. Come for the part where Charlize battles a guy with a corkscrew; stay for the part where she fights a dude in a movie theater in front of a screen playing Andrei Tarkovsky's "Stalker." MATT PRIGGE

"Detroit"

Director: Kathryn Bigelow
Stars: John Boyega, Algee Smith
Rating: R

●●●●○

"Detroit" will make you angry. It unearths a horrifying story within another horrifying story, one that screams "timely" and "scarily relevant." The latest from the tag team of director Kathryn Bigelow and screenwriter Mark Boal ("The Hurt Locker," "Zero Dark Thirty") drops us into the 1967 Detroit riot, in which the low-income black populace rose up against the largely white (and often racist and aggressive) police force. Then it zeroes in on the "Algiers Motel Incident," in which cops tortured 12 innocent civilians — 10 black, two white — they wrongly suspected of attempted murder. At the end of the night, three were dead. The cops, of course, were acquitted.

But don't think of "Detroit" as merely visceral, just another you-are-there horrorshow. There's a complexity and artistry within the chaos. Bigelow and Boal tell the story from both sides, even giving the racist cops — led by a terrifyingly confident Will Poulter — enough screentime that we can't write them off as one-note baddies.

Still, don't think that equal time means equal respect. "Detroit" doesn't lapse into moral equivalence, suggesting everyone was too confused, too overwhelmed to do the right thing. The cops aren't good people who did a bad thing; they're driven by their basest instincts. Everybody has their reasons, but sometimes those reasons aren't good.

The "incident," which eats up about an hour of the middle, may be the greatest thing Bigelow has ever made. Her handling of it is a lot like Barry Ackroyd's cinematography: handheld and anxious but stopping short of mere herky-jerky. You can always see what's going on, always see a method to the madness.

"Detroit" is a chance to highlight a heinous chapter in American race relations that still resonates 50 years out. But it's also about bottling up that feeling of helplessness its victims endured. As the night wears on, the cops let some of their prey escape into the night, long as they turn their backs and not look back. "Detroit" understands why some took that chance, and it knows that they suffered survivors' guilt on top of their already considerable PTSD. It knows how hard it is for people, even those who've suffered the worst of it, to fix a dangerously broken system. "Detroit" won't make us feel better about the world, but it will help us understand it. MP

Anthony Mackie plays one of 12 innocent civilians tortured (and in some cases killed) by police during the 1967 Detroit riot in Kathryn Bigelow's "Detroit." BLEECKER STREET

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‘Room 104’ has something for everyone

In HBO’s new 12-part anthology series from the Duplass Brothers, the only recurring character is a budget-hotel room.

KATE MOONEY
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kate.mooney@metro.us

Episode 1, “Ralphie,” depicts a babysitter’s worst nightmare. HBO/JORDAN ALTHAUS

Mark and Jay Duplass are a prolific duo. The sibling writer-director-actor-producers have put out more than 25 shows and films together, including HBO’s “Togetherness” — not to mention the projects they’ve helmed individually.

Up next, they have a show on HBO that calls to mind their more experimental indie work, such as the films “Creep” or “The One I Love”: “Room 104,” a 12-part anthology series premiering Friday, July 28 at 11:30 p.m. Each episode takes place within the same semi-seedy, budget hotel room and features a completely different story line and cast. The concept calls to mind the Quentin Tarantino film “Four Rooms,” but the difference here is none of the stories are linked.

The only thing connecting each 20-to-30-minute episode is the room itself. While you might not take to every installment, with such a wide range of subject matter and genres, you’re bound to enjoy at least one of 12. Perhaps the series is a kind of Rorschach test for the viewer, and while some episodes elicit an emotional response, others can only be appreciated on an intellectual level.

The first episode, “Ralphie,” will likely appeal to horror fans. When a young woman arrives at Room 104 to babysit, she discovers something is very wrong with the young boy and loses her grip on reality along the way. Another episode, “My Love,” is a touching look at an elderly couple that books a night at the hotel to relive their first night together. In “The Knockadoo,” a woman meets up with a quack spiritual adviser who is supposed to help her transcend the material world, but what ends up happening is much more creepy than occult. In “The Internet,” an aspiring young writer realizes he’s left his laptop at home. When he calls up his mom to painstakingly walk her through how to email him a draft of his novel, she ends up confessing a family secret that will change the course of his life and the future of his writing.

Mark Duplass wrote seven of the 12 episodes, which are each helmed by newbie directors. Except for a few familiar faces, including Jay Duplass, James Van Der Beek, Amy Landecker and Mae Whitman, the series mainly features no-name actors. According to IndieWire, Mark Duplass told the audience at ATX TV Fest’s “Room 104” premiere that this enabled him to “take creative risks” while keeping the series low-budget and giving directors just starting out an opportunity for some name recognition. We recommend settling in on Friday evenings — maybe smoking some weed first to get in the mind-set — and booking a night in “Room 104.”

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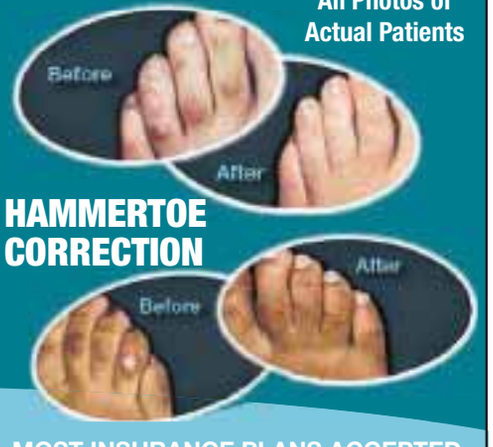

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Paddle with friends in Prospect Park
There are plenty of ways to get out onto the spectacular lake at the heart of Prospect Park. At the LeFrak Center, you can jump into a single or double paddleboat or kayak by the hour or at a day rate from 11 a.m. until sunset; for on-land water fun, stop by the Splash Pad mini water park either before or after your cruise. Or get into a traditional rowboat from the era when rowing first became a recreational activity in the park courtesy of Village Community Boathouse. *Free sessions run from noon to 4 p.m. on Saturdays through Aug. 26, launched from the ramp on Well House Drive*

Stand-up paddleboarding
Manhattan Kayak + SUP takes all skills levels into the Hudson River at Pier 84 for a scenic paddle along the shoreline (or even all the way to Surf City in New Jersey), or more advanced practitioners can get a serious cardio workout. Bring the kids — 13 and under paddle free! *Classes start at $150 per person, 555 12th Ave. at West 44th St., Tue-Fri 2-5 p.m., Sat-Sun 12-4:30 p.m., manhattankayak.com*

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With over 500 acres of trails, water and woodland to explore, plus tons of courts for games from bocce to tennis, Marine Park in southeast Brooklyn can easily be an entire day trip. To get out on Gerritsen Inlet, rent a kayak or stand-up paddle board at the Salt Marsh Nature Center by the hour or the day. Note that you'll have to carry the vessels about 6-8 minutes to reach the water. *wheelfunrentals.com*

Tour the Bronx River
Intensive cleanup efforts since the 1970s have not only cleaned up this 23-mile uptown waterway but brought back much of the natural beauty surrounding it. Today, the Bronx River Alliance is the river's caretaker, leading canoeing and kayaking trips through the middle of October. *The length and cost of trips vary, free-$30. Bronxriver.org*

Row in Central Park
There's a reason taking a rowboat out onto the lake in front of Loeb Boathouse in Central Park is on our summer bucket list. The boats hold up to four people (including small children accompanied by an adult) and can be rented for $15 per hour, plus a refundable $20 deposit (cash only) from 10 a.m. until sunset (weather permitting). Or let someone else do the hard work and get a taste of Venetian life on a gondola tour for up to six people for $45 per half hour. *East 72nd Street and Park Drive North*

Get up close to the Gowanus Canal
Learn how the city's most troubled waterway got that way and what's changing now on a tour with the Gowanus Dredgers Canoe Club. The group will lend you a vessel for a self-guided tour (they provide the map) of 5 miles of the canal. *Book in advance, $5 suggested donation*

Explore Jamaica Bay
Take the L train all the way to the end of the line to find Sebago Canoe Club in Canarsie, which offers guided kayaking of Jamaica Bay to the public on Saturdays at 9 a.m. through Aug. 26. The volunteer-run nonprofit charges $10 to cover insurance fees and doesn't take reservations, so get there early. Excursions last up to two hours, and guest lecturers do accompany some trips. *Note: You'll be expected to help carry and clean the equipment. Open to ages 16-80.*

Have a mellow time on Meadow Lake
At Flushing Meadows Corona Park, head to Wheel Fun Rentals at the northern edge of Meadow Lake to get on the water in a solo or two-person kayak ($15/$22), or two- or four-person paddle boat ($20/$30). Rates are hourly, though kayaks can be rented for a half or full day at special rates. *Last boat rental is two hours before sunset.*

Surfing in the Rockaways
NYC's only beach for surfing is also the city's newest foodie destination — just don't do one too soon after the other). While you could surf year-round (and the waves are better in the winter), summer sessions are a great time for beginners to try the sport. Surf Lessons New York offers morning classes seven days a week starting at $90 for a two-hour group session including surfboard and wetsuit, or if you already know how, $35 gets you a board for four hours. *9 a.m., 11 a.m., 12:30 p.m.; plus 7 a.m. & 2:30 p.m. Sat.-Sun., surflessonsnewyork101.com*

Where to go kayaking free

Most sessions last just 20 minutes, but trust that it's long enough to enjoy the experience without your arms hurting the next day. Here's where to get you in the water for free on a canoe or kayak for a 20-minute spin.

Hudson River Park
Families including small children (one per boat) can paddle the Hudson River from Pier 26 on weekends & holidays through Oct. 9, 9 a.m.-5 p.m., as well as Tues-Thurs until mid-September from 5-7:30 p.m. On Pier 96, the Manhattan Community Boathouse has open-water kayaking on weekends from 10 a.m.-6 p.m. through Oct. 8, and Mon-Wed 5:30-7:30 p.m. through Aug. 31.

Brooklyn Bridge Park
Take a brief foray into the East River from Pier 2, or join a Kayak Polo game on Sundays at 11 a.m. through the end of August, Saturdays, 10 a.m. to 3 p.m., Thursdays, 5:30-6:45 p.m., bpboathouse.org

Governors Island
Enjoy the vista of Lower Manhattan from a small cove on the northeast side of the island, then reward yourself with oysters and drinks at the giant new outdoor bar Island Oyster. *Through Sept. 16, Saturdays, 11 a.m. to 4 p.m., Pier 101*

Red Hook
Paddle the inlet at Louis Valentino Jr. Pier Park with Red Hook Boaters; you'll be asked to volunteer a little time cleaning up the beach before or after your trip. *Sundays through Sept. 25, 1-4 p.m.; Thursdays through Aug. 18, 6-8 p.m.*

Socrates Sculpture Park
Pair your public art walk with a canoe or kayak outing in Hallets Cove on very select weekend days from 1-4 p.m. in June, July and August. Single boaters may be paired with someone else or a volunteer. All ages welcome. licboathouse.org

YOUR WEEKEND STARTS NOW

FOOD

Food Karma Feasts

Enjoy the best of summer in the city with a farm-to-table dinner under the stars at Food Karma Feasts. Chef Alex Sorenson of Blank Slate Kitchen is preparing a multi-course meal highlighting pork from Flying Pigs Farm and veggies from Bhumi Farms, along with wine and beer from Threes Brewing, Aaron Burr and Natural Wines. It all takes place under the Williamsburg Bridge with views of Manhattan. This is one of those nights you'll look back upon wistfully come winter.
July 27, 7-10 p.m., North Brooklyn Farms, 320 Kent Ave., Brooklyn, $75, foodkarmaprojects.com

ARTS

"Men Are From Mars, Women Are From Venus LIVE!"

Combining theater and stand-up, the new one-man show starring Amadeo Fusca revisits the best-selling book "Men Are From Mars, Women Are From Venus," with a modern comic twist. In a series of vignettes, the off-Broadway play touches on memorable themes from the relationship advice tome and lampoons every kind of couple — making it perfect for date night, whether you're on kid two or recently swiped right. The Triad's two-drink minimum certainly can't hurt.
July 28, 7 p.m., The Triad, 158 W. 72nd St., $37.50 (code: MARS), triadnyc.com

NYC Poetry Festival

This weekend, the dreamers and poets take over Governors Island. Over 75 poetry groups (yes there really are that many) participate with more than 250 readings across two days. Special guests include Aja Monet, Sapphire, Denora Landau and Patrick Phillips. There's a Vendors Village with books for sale, plus food, beer and wine. If you want to get involved yourself, there's even an open mic to share your own script. It's free to attend, with a suggested donation of $10.
July 29-30, 11 a.m.-5 p.m., Nolan Park, Governors Island, suggested $10, newyorkcitypoetryfestival.com

MUSIC

Marcy Playground

Everything '90s is back, and you can put together your latest

MUSIC

Panorama Festival

After a wild debut last summer, there was no question of whether one of NYC's hottest new music fests would return. Now in its second year, Panorama Festival heads back to Randall's Island with headliners like Frank Ocean, Solange, Nine Inch Nails and A Tribe Called Quest, along with Girl Talk, Glass Animals and DJ Heather. The three-day interactive event also includes The Lab, a 360-degree virtual art space, and The Point, an open-air, misted club.
July 28-30, Randall's Island, $99-$745, panorama.nyc

finds from any fast fashion shop (choker necklace and chunky shoes included) for one hell of a theme outfit to attend a nostalgic performance by Marcy Playground as they celebrate the 20th anniversary of their release of "Sex and Candy" — the album containing the same-name single that rocketed the alt-rock group to stardom. The band will play with fellow '90s opening act Dishwalla at B.B. King's in Midtown.
July 28, 7:30 p.m., B.B. King Blue's Club & Grill, 237 W. 42nd St., $29.50-$35, bbkingblues.com

The OG's "Beyonce's Original All-Female Band"

Even if you've never heard of them, you may have heard them. For the past 10 years, this group of all-female musicians backed up Beyonce and arranged her scores as she rose to success and hit every high point in her continuously skyrocketing career. Unsurprisingly, they've also played with Jay-Z and Destiny's Child. And now they're going to stand out on their own at the Highline Ballroom — no center stage divas needed. Their opening act is Phantom Vanity.
July 29, 8 p.m., Highline Ballroom, 431 W. 16th St., $15-$20, highlineballroom.com

FANDOM

BLERD City Con

Giving the black community a closer connection to their nerdy fandoms — whether sci-fi, fantasy, horror, literature, comics, film, tech or other niche geek fields — the BLERD City Con offers two days of panels, workshops and screenings at Dumbo Spot. There's also a gaming area and marketplace. This year's event honors L.A. Banks for her nonfiction work in the fantasy/horror genre, in addition to other lead speakers and presenters in black nerd art and science circles.
July 29-30, Dumbo Spot, 160 Water St., Brooklyn, $28-$45, blerdcityconference.com

COFFEE

Iced Coffee Competition

It's hot out, so you've switched to iced coffee. But do you actually know what you like, or why? Find out how it's crafted and spare yourself from wasting $4 on caffeinated ice-water ever again at the first-ever Hester Street Fair: Iced Coffee Competition. One ticket lets you sip all samples (like Coffeemania, Caffe Vita, Nomad Trading Co. and Wandering Bear Coffee), with the chance to vote for your fave while enjoying music by Bryce Hackford. Experts will also choose a winner.
July 29, 11 a.m.-6 p.m., Hester Street at Essex Street, free-$10, hesterstreetfair.com

SPORTS

Double Dutch on Lincoln Plaza

After 30 years, Double Dutch (that's right, jump-roping) returns to Lincoln Center. In the Summer National Classic Competition, teams will show off their most athletic and artistic individuals and routines. Surrounding the competition, there are two days of exhibitions, panels and musical performances, featuring Momma's Hip Hop Kitchen — plus a documentary screening about the sport. It takes place during Family Weekend of LC Out of Doors, a free arts festival for all ages.
July 29-30, Lincoln Center Plaza (various locations), Free, lcoutofdoors.org

T. MICHELLE MURPHY

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Undiscovered country

While St. Croix boasts some of the world's most pristine beaches, there's much more to this destination.
U.S. VIRGIN ISLANDS DEPARTMENT OF TOURISM

Fruits of St. Croix
JENNIFER LOGUE

Ital in Paradise
JENNIFER LOGUE

The hidden gem that is St. Croix won't remain off the radar for long.

JENNIFER LOGUE
@jenniferlogue
jennifer.logue@metro.us

If you're in need of a tropical-island escape, look no further than St. Croix, the largest and perhaps most undiscovered of the U.S. Virgin Islands.

Made up of two main towns on opposite sides of the island (Christiansted on the eastern side and Frederiksted on the western side), its long history of immigration makes St. Croix a destination teeming with diversity.

From beautiful beaches to a blossoming multicultural food scene, here are seven reasons to drop what you're doing and go to St. Croix right now.

1. There really isn't a bad time to go.
The U.S. Virgin Islands enjoy warm weather all year, averaging 77°F during winter and 82°F in the summer — and U.S. citizens don't need a passport to go. "We encourage travelers to visit any time to enjoy our enjoyable, tropical weather," says Commissioner of Tourism Beverly Nicholson-Doty. "December through April is traditionally the busiest period of the year, but the months between May and November provide travelers with the best value for accommodations."

2. The beaches are prettier than a postcard.
You won't need any Instagram filters when capturing the beauty of St. Croix's many beaches. With their soft, white sand leading into clear, turquoise waters, it's the tropical beach paradise of your dreams (or your desktop image) come to life. While simply relaxing on the beaches is a fine way to seize the day, dive a little deeper with the island's many snorkeling and scuba tours to see all the colorful fish and coral below the surface.

3. The locals make you feel welcome.
If you live on the East Coast, you tend to keep to yourself when walking down the street. In St. Croix, however, everyone says hello to everyone in passing — including strangers. Striking up conversations with locals is so easy and they're genuinely glad to chat and share a piece of their world with you. One morning, my tour group got invited to a family reunion on the beach, complete with a pig roast, huge fruit spread and, of course, plenty of rum. Speaking of which...

4. If you love piña coladas, you've come to the right place.
The piña colada may not have been invented in St. Croix, but they taste really good here and it's probably due to all the delicious rum being made on the island. The famous Cruzan Rum Distillery is located on its western end and going on a tour is a must as it takes you through each step of the rum-making process with a little history thrown into the mix. To top it off, you get a piña colada at the end. The hardest part is taking that last sip.

5. St. Croix has an incredible food scene.
While lounging on the beach with a piña colada sounds like enough of a good time for most of us, St. Croix has quite the food scene as well. Want to eat like a local? Grab some roasted chicken and johnnycakes (fried doughy goodness) at La Reine Chicken Shack. Need some healthier fare? Head over to Ital in Paradise for grilled fish, lentil balls, colorful salads and local fruit juices. Go on the Taste of Twin City food tour for a truly immersive experience.

6. The shopping is hip and local.
St. Croix is chock full of privately owned boutiques, so when you make a purchase, you know you're getting something unique. If your wardrobe could use a splash of color (especially in the island sun), check out Asha for its beautiful silk sundresses and bohemian-inspired accessories. Looking for something you can only find in St. Croix? Go to Sonya ltd. — the home of the original Crucian-hook bracelet. In business for over 40 years, all of the bracelets are custom made in sterling silver, 14 karat gold or 18 karat gold. Position the open end of the hook outward if you're single and towards you if you're in a relationship.

7. The Centennial Promotion
This year marks the 100th anniversary of Transfer Day, when the Danish West Indies became the U.S. Virgin Islands. To celebrate, the Centennial Promotion was launched to bring even more visitors to the islands. Book a minimum three-night stay through Oct. 1, 2017, and you get $300 in credit to spend on anything from historic tours to souvenirs at select retailers and more within the U.S. Virgin Islands. Apply it toward a few rounds of golf at the popular Buccaneer Golf Course, a decadent Italian meal at Un Amore or a day of relaxation at the Hideaway Spa. The options are endless.

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Live inside the 'Star Wars' universe

For a weekend, anyway, at Disney's new immersive resort.

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Disney is changing the entertainment game with its new "Star Wars" attractions and immersive hotel. DISNEY, LUCASFILM

Think you know immersive? Disney just redefined the game.

The first photos and descriptions of its new theme park attraction Star Wars: Galaxy's Edge, under construction at both Disneyland in California and Walt Disney World in Florida, are out, and they're about to create a whole new genre of entertainment.

Disney Chairman Bob Chapek revealed the official name of the "Star Wars" land during the company's annual D23 Expo, including a model and renderings of what the 14-acre themed area will include — and it's breathtaking.

In the new zone, visitors will enter a spaceport at the edge of the galaxy with a similar aesthetic to the settings and starships of the first "Star Wars" films, such as a cantina based on the one at Mos Eisley.

Every aspect of the experience will be complete interactive: Guests will explore new facets of the world they know and meet creatures and droids from the movie franchise, but how those interactions go depends on how the guests perform at the lands' two missions, one aboard the Millennium Falcon and the other on the bridge of a Star Destroyer. And of course, there's themed food and drinks like blue milk.

But the biggest news out of the event is a "Star Wars"-themed hotel, where each guest will have a story line that plays out during their stay. The luxury lodgings will be designed to look like a starship, with views of outer space through its windows, and all of the workers will be in character. Guests would wear uniforms, with tickets rumored to be priced around $1,000 per person for a two-night stay.

"All along, we have said this will be game changing, and through the model we can begin to see how truly epic these immersive new worlds will be," according to a statement from Chapek.

The "Star Wars"-themed zones are scheduled to open to guests in 2019. There's no opening date yet for the immersive hotel.

GET READY FOR THE STARS AT GIANTS TRAINING CAMP

OPINION

SID ROSENBERG
@sidrosenberg

Rookies and first-year players across the NFL will kick off training camp by the end of next week.

It's all about the New York Giants on Thursday. Football is back.

With the highlight of the opening week of NFL training camps being those youngsters, I have to tell you how excited I am for this crop of new talent Jerry Reese and Co. have allotted.

As Giants fans have become accustomed to, Reese used the draft to build a foundation for the defensive line. He also weeded through the rookie free-agent pool per usual and found a guy in Jarron Jones that I happen to really like. Jones is a 6-foot-6, 316-pound defensive tackle out of Notre Dame who is looking to prove himself after failing to impress in combine workouts.

Notre Dame defensive linemen have had some success playing for the Giants. Justin Tuck was an integral part of the Giants Super Bowl XLII victory. Just sayin'.

Through the draft, the Giants selected two high-pedigree players from strong college programs in Alabama's Dalvin Tomlinson and Avery Moss, who was drafted out of Youngstown State but was originally a Nebraska Cornhusker.

Moss stands 6-foot-3, 265 pounds and figures to be more of an edge rusher while Tomlinson is going to pair very well with Damon "Snacks" Harrison (as well as with Olivier Vernon and Jason Pierre-Paul) in the middle at 315 pounds.

Tomlinson will also have the opportunity to do battle with fellow Crimson Tide alum D.J. Fluker at practice and have some commonality in the trenches.

Football is just around the corner as the New York Giants report to training camp today. GETTY IMAGES

Now to the shiny stuff.

Evan Engram out of Ole Miss was the Giants' first-round pick taken where he will arrive with high expectations.

Engram will be stepping into a finely tuned offense that features some of the NFL's quickest wideouts in Odell Beckham Jr. and Sterling Shepard with a quarterback in Eli Manning who is looking to get the ball out fast. So starting tomorrow, I hope that we see Engram get locked in to understand the offense and assume the ball is coming his way every snap.

Newly-signed Rhett Ellison is the only other real competition on the Giants 53-man roster at tight end, so I think it's Engram's job to lose.

Another guy I have high hopes for is running back Wayne Gallman, who is coming off a national championship triumph with Clemson this past season.

With a career rushing average of 4.9 yards per carry against the mighty SEC, Gallman brings a pass-protecting back to possibly compete with the smaller Paul Perkins.

Those are the guys that I am looking forward to seeing thrive in their first week of NFL activities. Big Blue's crop of young talent looks promising and good luck for them. They certainly have fertile soil to grow in.

3 ways the Giants could win Super Bowl LII

A season ago, the New York Giants returned to the postseason, ending a drought that began following the 2011 season. While it ended with a Wild Card loss to the Green Bay Packers, the team didn't spend big and add more veterans this offseason just to make the playoffs again.

They want to put a fifth Lombardi Trophy behind glass. It's not as far-fetched as some might think.

To do so, they'll need to figure out some things along the offensive line, get some immediate contributions from the last two draft classes and stay incredibly healthy. They are a top team in the NFC but can a team pegged as second-best in their division really make a playoff run?

Keep in mind, the Giants' last two Super Bowl titles have come from them playing in the Wild Card Round, so it is certainly possible. In fact, they might just crave the underdog role yet again en route to hoisting the Lombardi trophy.

1. The O-Line protects Eli Manning

There is no denying that quarterback Eli Manning took some big hits last year, partially due to an offensive line that was among the worst in the league in terms of raw talent. The group did upgrade this year by adding D.J. Fluker, but they have to keep Manning upright.

The line should be better, if only because third-year left tackle Ereck Flowers will be improved. If the Giants do a better job and are a middle-tier offensive line, then the offense as a whole has the playmakers to be explosive. This could be a special unit if Manning isn't throwing from his back.

2. OBJ, Marshall duplicate 2015

Two years ago, Odell Beckham Jr. with the Giants and Brandon Marshall with the Jets posted career years. And while Beckham's production was down ever so slightly last year, it still was elite-level numbers he managed to put up.

With the offseason addition of Marshall as a free agent, the Giants have two legitimate stars as downfield options for Manning and a third in Sterling Shepard, who can be a special talent.

If Beckham and Marshall can each put up 1,000 receiving yards, then the Giants could be an offense headed toward a deep postseason run and possibly the Super Bowl. Those types of numbers would indicate that the offense is clicking and Manning has enough time in the pocket.

It would also likely mean that there is harmony in the locker room, something that might be surprising given just how much each player loves to get the ball thrown in his direction.

3. The secondary tops the NFL

If Landon Collins continues his climb toward being one of the game's top safeties, then the Giants can be in a really good place.

Alongside Andrew Adams, set to enter his second year in the league following a fantastic rookie season, Collins gives the Giants the most exciting safety tandem in the NFL. Sprinkle in ballhawks such as Janoris Jenkins and Eli Apple along with the solid Dominique Rodgers-Cromartie and the Giants have one of the most talent-laden backends in the league. Given their strong pass rush, this is a unit that just might be rolling out some big turnovers. They certainly have a ceiling to grow, as evidenced by their play over the second half of last season.

If they take even another step forward, then the defense might just be the strength of this team, which is saying something given how good the offense can potentially be. KRISTIAN DYER

GIANTS SAFETY LANDON COLLINS

Mets, Yanks trade deadline checklist

Four days left until Major League Baseball's trade deadline and both New York teams have some work to do.

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Mets

TRADE ASDRUBAL CABRERA

The Mets have to start looking to deal Cabrera as they likely won't pick up his third-year club option in 2018 considering Amed Rosario is patiently waiting to be unleashed upon the majors. The Cleveland Indians have been rumored to have an interest in Cabrera.

KEEP JAY BRUCE

Leading the team in home runs and RBI, it was expected that a contender looking to add some extra power to their lineup would call the Mets to try and rent Jay Bruce for the stretch run.

But interest hasn't really been there, which should allow Bruce to finish the season in Queens and give the Mets time to work on re-signing him this winter.

TRADE LUCAS DUDA

First-base prospect Dominic Smith is the team's second-best prospect in the minors and is expected to be the club's first baseman for the next 10-to-15 years.

With Duda's contract set to expire at the end of the year, there's little chance he would re-sign with the team anyway. So now is the time to deal him, especially because his value is high.

Yankees

ACQUIRE A TOP-TIER ARM

Luis Severino and CC Sabathia have done well to carry the rotation this season. The problem is, they haven't had much support.

Bringing on another high-quality arm bolsters the rotation and would do wonders should the team make the playoffs and go with a four-man rotation.

The Yankees have been linked with Sonny Gray of the Oakland Athletics and Yu Darvish of the Texas Rangers.

ACQUIRE A REAL FIRST BASEMAN

Greg Bird's continuous injury problems have left the Yankees in a precarious situation at first base, forcing players to field out of their position.

The Yankees and A's could hook up for All-Star Yonder Alonso.

Team scouts also watched Mets first baseman Lucas Duda last week at Citi Field.

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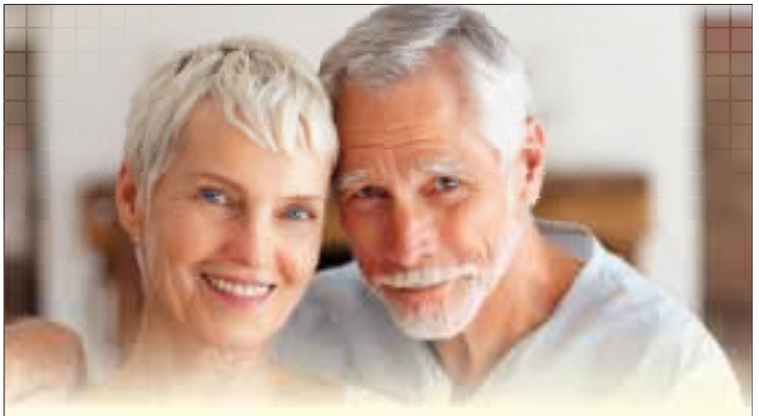

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For Carmelo Anthony, it's Houston or we have a problem

If the New York Knicks can't deal Carmelo Anthony to the Houston Rockets, they might not be able to move him at all this offseason. GETTY IMAGES

If the New York Knicks were to ever trade Carmelo Anthony, the decision of what team he would join was always going to be in the hands of the 10-time All-Star.

That's the fun provided by no-trade clauses.

Over the last few weeks, Anthony claimed that he would waive the clause if the Knicks were able to work out a deal with either the Houston Rockets or Cleveland Cavaliers. It was even reported that he and the Oklahoma City Thunder had a mutual interest in each other.

Not anymore.

Anthony's top choice is to land in Houston alongside Chris Paul and James Harden while the Rockets remain interested in bringing him on, ESPN's Ian Begley reported on Wednesday morning.

The 33-year-old's views on the Cavaliers took a turn when Kyrie Irving requested to be dealt away from Cleveland, denying the Eastern Conference juggernaut to create a big four of its own alongside Anthony and LeBron James.

However, the Cavs might not be extraordinarily interested in Anthony anyway, as Frank Isola of the New York Daily News reported on Monday.

It leaves the Knicks with extremely limited returns seeing as the Rockets gutted most of their team to acquire Paul from the Los Angeles Clippers. Their only viable option that could yield somewhat similar value to Anthony's would be power forward Kyle Anderson. But we all know that the Knicks don't need a power forward with Kristaps Porzingis at the helm.

So, like it was a couple of weeks ago, the Knicks will likely have to look for a third or fourth team if they really want to ship Anthony out of Manhattan.

It also will likely snuff out any hope of the Knicks acquiring Irving considering Anthony was really the only big name the team was willing to give up. Porzingis will remain off the table when it comes to trade talks.

JOE PANTORNO

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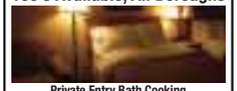

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LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT COUNTY OF QUEENS
HSBC Bank USA, National Association as Trustee for Nomura Asset Acceptance Corporation, Mortgage Pass-Through Certificates, Series 2007-1, Plaintiff AGAINST Jorge Santiago a/k/a Jorge L. Santiago; et al., Defendant(s) Pursuant to a Judgment of Foreclosure and Sale duly dated May 31, 2017 I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, Courtroom #25, 88-11 Sutphin Boulevard, Jamaica, New York on August 4, 2017 at 10:00AM, premises known as 133-32 86th Street, Ozone Park, NY 11417. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Queens, City and State of NY, Block 11365 Lot 18. Approximate amount of judgment $531,392.27 plus interest and costs. Premises will be sold subject to provisions of filed Judgment
Index# 709663/2014.
Donna Furey, Esq., Referee
Shapiro, DiCaro & Barak, LLC
Attorney(s) for the Plaintiff
175 Mile Crossing Boulevard
Rochester, New York 14624
(877) 759-1835
Dated: June 19, 2017 46875

NOTICE OF SALE

Supreme Court County of Queens
Wells Fargo Bank, N.A., Plaintiff
AGAINST Dileysi D. Rodriguez a/k/a Dileysi Rodriguez, et al, Defendant. Pursuant to a Judgment of Foreclosure and Sale duly dated 5/31/2017 and entered on 6/12/2017, I, the undersigned Referee, will sell at public auction at the Queens County Courthouse, 88-11 Sutphin Blvd., Courtroom 25, Jamaica, NY on August 04, 2017 at 10:00 AM premises known as 143-41 84th Drive, Unit 1B, Briarwood, NY 11435. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Queens, City and State of New York, BLOCK: 9736, LOT: 1002. Approximate amount of judgment is $685,544.80 plus interests and costs. Premises will be sold subject to provisions of filed Judgment
Index # 701243/2013
Gerald Chiariello II, Referee
FRENKEL LAMBERT
WEISS WEISMAN & GORDON LLP
53 Gibson Street
Bay Shore, NY 11706

NOTICE IS HEREBY GIVEN that a change of address for an On Premise Liquor License, # 1276186 from 4202-04 Church Ave., Brooklyn, NY 11203 to 1342 Flatbush Ave., Brooklyn, NY 11210 has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law, for on-premises consumption. Oxgeation Cocktail Lounge LLC.

NOTICE OF SALE

Supreme Court County of Queens
Bank of America, N.A., Plaintiff, N.A., Plaintiff
AGAINST Denise Salters Wilson, et al, Defendant. Pursuant to a Judgment of Foreclosure and Sale duly dated 5/31/2017 and entered on 6/14/2017, I, the undersigned Referee, will sell at public auction at the Queens County Courthouse, 88-11 Sutphin Blvd., Courtroom 25, Jamaica, NY on August 04, 2017 at 10:00 AM premises known as 260 Beach 81st Street, Unit 4J, Far Rockaway, NY 11693. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Queens, City and State of New York, BLOCK: 16113, LOT: 1159. Approximate amount of judgment is $364,711.86 plus interests and costs. Premises will be sold subject to provisions of filed Judgment
Index # 703009/2013
Leslie S. Nizin, Referee
FRENKEL LAMBERT
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NOTICE OF SALE

Supreme Court
County of Queens
Wells Fargo Bank, N.A., Plaintiff AGAINST
Donna Broomfield, et al, Defendant. Pursuant to a Judgment of Foreclosure and Sale duly dated 1/11/2017 and entered on 2/1/2017, I, the undersigned Referee, will sell at public auction at the Queens County Courthouse, 88-11 Sutphin Blvd., Courtroom 25, Jamaica, NY on August 04, 2017 at 10:00 AM premises known as 179-71 Anderson Road, Jamaica, NY 11434. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Queens, City and State of New York, BLOCK: 12475, LOT: 64. Approximate amount of judgment is $341,828,. 30 plus interests and costs. Premises will be sold subject to provisions of filed Judgment
Index # 16683/2012
Ned Kassman, Referee
FRENKEL LAMBERT
WEISS WEISMAN & GORDON LLP
53 Gibson Street
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NOTICE IS HEREBY GIVEN that a license, Number TBA, for Tavern Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 309 Amsterdam Ave., New York, NY 10023, for on premises consumption. Store 2 Babeth's Feast LLC.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 261 W. 18th Street, New York, NY 10019. New York County, for on premises consumption. Pazzo Rollio Corp. d/b/a Pizza Rollio.

NOTICE OF SALE

SUPREME COURT
COUNTY OF QUEENS
Nationstar Mortgage LLC, Plaintiff AGAINST Arturo Fernando Rooke a/k/a Arturo F. Rooke; Carlota Rooke; et al., Defendant(s) Pursuant to a Judgment of Foreclosure and Sale duly dated May 31, 2017 I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, Courtroom #25, 88-11 Sutphin Boulevard, Jamaica, New York on August 4, 2017 at 10:00AM, premises known as 223-45 113th Avenue, Queens Village, NY 11429. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Queens, City and State of NY, Section 49 Block 11222 Lot 1. Approximate amount of judgment $55,250.04 plus interest and costs. Premises will be sold subject to provisions of filed Judgment
Index# 704263/2014.
Judah Maltz, Esq., Referee
Shapiro, DiCaro & Barak, LLC
Attorney(s) for the Plaintiff
175 Mile Crossing Boulevard
Rochester, New York 14624
(877) 759-1835
Dated: June 19, 2017
46874

SUPREME COURT
COUNTY OF QUEENS
HSBC BANK USA, N.A., Plaintiff
Against DEODATT DEOSARRAN, HEMCHANDRA DEOSARRAN, et al Defendant(s).
Pursuant to a Judgment of Foreclosure and Sale entered on December 23, 2016. I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, 88-11 Sutphin Boulevard, Court Room # 25, Jamaica, N.Y. on the 4th day of August, 2017 at 10:00 a.m. premises described as follows: All that certain plot, piece or parcel of land, situate, lying and being in the fourth ward, of the Borough and County of Queens, City and State of New York. Said premises known as 101-52 133rd Street, South Richmond Hill, N.Y. 11419 a/k/a 101-52 133rd Street, Jamaica, NY 11419.
(Block: 9500, Lot: 28)
Approximate amount of lien
$ 582,839.85 plus interest and costs.
Premises will be sold subject to provisions of filed judgment and terms of sale.
Index No. 25668-10.
Thomas R. Purcell, Esq., Referee.
Fein, Such & Crane, LLP
Attorneys for Plaintiff
28 East Main Street, Suite 1800
Rochester, N.Y. 14614
(585) 232-7400

NOTICE IS HEREBY GIVEN that a license, Number TBA, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 130 St Marks Place, New York, NY 10009, for on premises consumption. La Pizza Di Tramonti Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1303638, for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 138 Nassau Ave. Brooklyn, NY 11222, for on premises consumption. PJ Sutton Inc.

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NOTICE OF FORMATION of CAIA INTERNATIONAL LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 03/29/2017. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 112 West 56th Street, PH North, New York, NY 10019. Purpose: Any lawful activity.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Beer, Liquor & Wine has been applied for by the undersigned to sell Beer, Liquor & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 187 Lenox Ave., New York, NY 10026. New York County, for on premises consumption. Harlem Burger Inc. d/b/a Archer and Goat.

NOTICE IS HEREBY GIVEN that a license, Number 1303911, for On Premise Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 89-06/89-08 Queens Blvd., Elmhurst, NY 11373, for on premises consumption. Manila To New York Steak House Corp.

NOTICE IS HEREBY GIVEN that a license, Serial # 1301319, for On Premise Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 158 Lafayette St.,, New York, NY 10013. New York County, for on premises consumption. Marie Adrienne LLC d/b/a The Ship.

NOTICE IS HEREBY GIVEN that a license Number 1303847, for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 149-09 41st Ave., Flushing, NY 11355, for on-premises consumption. SMKF Inc.

NOTICE IS HEREBY GIVEN that a license Number 1303731, for On Premises Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Bar under the Alcoholic Beverage Control Law at 43-02 Main Street, Flushing, NY 11355, for on-premises consumption. The View KTV Inc.

NOTICE IS HEREBY GIVEN that a license Number 1303615, for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 49-11 Roosevelt Ave., Woodside, NY 11377, for on-premises consumption. Sik Gaek Jay Family Inc.

NOTICE IS HEREBY GIVEN that a license Number 1303783, for Eating Place Beer has been applied for by the undersigned to sell Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 45 Gold Street #B 20, Brooklyn, NY 11201, for on-premises consumption. Brooklyn Poke LLC.

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Down

1 Comrades
2 Do magazine work
3 In -- (as found)
4 Sharper
5 Mongol tents
6 Scornful snorts
7 Margarine
8 Rang up
9 Piece of tape
10 Town meetings
11 Place to hibernate
12 Not certain
13 Mao -- -tung
22 Forbidden things
24 Cut back
26 Hen comment
27 Asian capital
28 Wide tie
30 End of some URLs
31 Georgia university
33 Rawls or Gehrig
34 Jimmy --, Daily Planet reporter
35 Made bundles
36 Timidly
38 San Joaquin Valley city
39 Greedy king of myth
41 Scratch out a living
42 None
47 On the loose
48 Ms. Earhart
50 Outlandish
52 Lessen
53 Nevada town
54 Speed-skater -- Heiden
55 Polio vaccine inventor
56 Nickel or dime
57 Jazzy Fitzgerald
59 Way, way off
60 Grime
61 You bet!
62 Beret cousin

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easy

8	2				9			
	6	5						
4			6		7		9	
7	3	2		1		9		
		1		9		8		
		8		7		1	5	2
	5		4		3			9
						2	4	
			9				8	5

hard

4							5	
		7	6					3
	3			5			6	
	4	8		9	5			6
		5	2		6	1		
6			8	4		3	9	
	8			6			3	
1					9	5		
	2							1

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Aries Partnership prospects are apparent, but before you get involved, question the value of the connection. Don't let anyone take advantage of you.

Taurus Mix and mingle. Communication will lead to new friends. Short trips or educational pursuits are favored. Don't get angry when you should get moving.

Gemini You'll be tempted by someone pushing an idea, investment or financial package your way. Consider the motives behind the offer before you make a commitment.

Cancer Make alterations to the way you live or to your home, but stick to a set budget. Don't let an emotional matter convince you to pay for someone else.

Leo Don't miss out just because someone is putting demands on your time. Take care of your responsibilities so that you can do the things that you enjoy.

Virgo You'll be faced with a decision that will affect your personal or professional life. Consider what needs to be done and use diplomacy to find a suitable solution.

Libra A sensitive situation will mount if you don't clear the air. Communicating honestly and observing body language will make it easier for you to know your options.

Scorpio Listen carefully and don't form opinions until you have all the facts. Acting on an assumption will get you into trouble. Take precautions while traveling.

Sagittarius A deal will excite you. Get the facts and consider the odds. Don't take a risk. Get all the details and make a calculated choice based on facts, and figures.

Capricorn Partnerships will need a little tweaking if expectations are not being met. Talks may not be easy, but they will be necessary.

Aquarius A moneymaking opportunity looks good. Explore your options and consider all the angles that will ensure your success. Get the most by focusing on what's important.

Pisces Keep a clear head when dealing with peers. Pick your side of any debate carefully. High energy and enthusiasm will be signs of promise and opportunity. EUGENIA LAST

Yesterday's answers

L	U	B	E		I	S	A	K		F	L	A	S	H
I	T	E	M		N	U	D	E		L	O	T	T	O
L	A	T	E		L	E	A	N		O	G	E	E	S
T	H	A	N	K	E	D		S	Q	U	I	N	T	S
			D	E	T	E	R		U	R	E			
M	O	S	E	Y	S		E	M	I	S	S	A	R	Y
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R	O	I	L		N	E	A	L		L	O	O	S	E
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S	N	E	E	R		P	O	S	E		H	O	L	Y

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